Healing Meditation

Right now, does your life need healing?
Is there something deep within yourself you want to overcome it's iniquities?
A depression or an illness? An anger or concern for another person? A thought about someone or something that you want to forgive, including yourself?

On the other hand, what if it's something positive. For example that new job you want, or your caring about another in their success in a matter.
Whatever it is, or however deep within, or length of time you have been dealing with it, let's get it gone.
Your sub-conscious thought instilled within you begin with the understanding of these two verses in Genesis.

Genesis 1:27
So God created man in his own image, in the image of God created he him; male and female created he them.

Genesis 2:7
And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

Understand that you are with God, in God, and God works within you. The connection is direct. His breath of life flows through your spiritual self into your flesh body to heal and overcome anything. The healing consciousness of God to flow through your soul into your body.

** Write down each positive and negative thought that you want to deal with and summarize that thought in the time frame it takes for you to draw a normal breath while you are in a totally relaxed state of mind and body.*
Make sure the thought stays aligned with your inhale breath. You are drawing in the influx of God's breath through your body in that healing. If you loose your thought, simply go back to the thought.

Example; This pain I get in my foot every once in a while when I walk to the store.
Or, the negative thought I get about what my neighbor said to me last night.
Or, I simply want to be at peace with what I have seen from an event on TV that disturbs me.

** The inflow of that breath thinking that thought. On your exhale, envisioning your energetic thought as successful healing.*

This is a simple meditation exercise that can be used to deal with anything.
It begins with understanding exactly how the process works, and the understanding of the basis of the process to envision the healing with every breath.

** Now, whatever body position you are in that is most comfortable for your meditation, and your sub-conscious thought of the inflow of God's breath, you think about that short statement that you wrote down. Remember that statement is no longer than your relaxed inhaled and exhaled breath. Envision that breath flowing through you.*
** On your exhale, envision that statements thought knowing that it is done and flowing out from your body. (Try to sub-consciously make your exhale a second or two longer than your inhale.) If it is negative, it is gone. If it is positive, that energy flows to that concern.*

Note; To begin, focus on 4-5 breaths per minute for about 5 minutes for each matter.

MJI (LightWorker)